

AVOPA NEWS & VIEWS

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Arya Vysya Officials' & Professionals' Association

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President's Message

Dear Members, Donors & Well Wishers,
NAMASTE

I wish all our members, donors and well-wishers a Happy and Prosperous NEW YEAR 2024. For another year curtains falls, it is time to pause and reflect. Does our lives have a purpose? Are we merely drifting with the tide, or Are we steering the ship? We are not merely passengers in the journey of life. We are the drivers of our own destiny. The law is – as we think, so we become. A happy mind creates a happy world. A small mind is focused on petty insignificant things. A mature mind sees beauty and grandeur in the same world. We have to look at life with Joy and enthusiasm, and thus allow sadness to vanish.

In the words of poet Rabindranath Tagore "In the mountain, stillness surges up to explore its own height, In the lake, the movement stands still to contemplate its own depth". Elusive happiness, allure of pleasure, fear of pain, humiliation of failure are but reflections of ego, shades of darkness limited mostly to the body parameter. Life is not to be lived in denial but with detachment, discipline and dedication as opposed to desires, demands and doubts.

The mind makes us victims of circumstances and yet when it metamorphoses into silence and solitude, it transfers us to a realm of Contentment and Peace. The awakened soul neither owns nor owes anything. It enters a space of illuminated nothingness, where an eternal kinship is forged with Nature and the Soul reverberates with the vibration of the universe, the state of 'ananda'.

We will be celebrating the endowment in January, 24 instituted by M R Arya Foundation of our Illustrious founder President Sri M R Arya. He was doyen of our community and respected by the society at large. He was the torch bearer of AVOPA movement in Karnataka and laid a path ahead. I pay my humble and hearty homage to Sri M R Arya. Medical camp conducted on 3rd December, 2023 was a grand success. I convey my hearty thanks to all the doctors, volunteers, sponsors and the beneficiaries. I once again appeal to all the members to come forward and participate in the endowment scheme and institute endowments and make the scheme successful.

With Hearty Greetings,
T.K. THIMMARAJA SETTY
President

Ph : 2657 1709 8762292566 Timings : 10.30 a.m. to 1 p.m. & 5.00 p.m. to 7.00 p.m.

www.avopabengaluru.org

REPORT ON B CHANDRA GUPTA MEMORIAL ENDOWMENT PROGRAM

B.Chandra Gupta Memorial Endowment Program was conducted on Sunday the 3rd December 2023 at AVOPA office. The event aimed to commemorate the legacy of Sri B. Chandra Gupta, a distinguished personality,



past president of AVOPA, whose contributions left a lasting impact on AVOPA & its members. The program was a resounding success, bringing together their family members and other members who actively participated.

The program featured Sri. C.G. Raghavendra, Consultant-Trainer, as the guest and speaker. He led an engaging interactive session on the topic "Management Principles in Bhagavad Gita," receiving active participation and interest from attendees and members of the B. Chandra Gupta family. Following this, a Mahabharata quiz was conducted by Smt. Lalantika, adding a lively and knowledge dimension to the event.

The endowment program started with welcome by General Secretary D. Naresh Babu, Invocation by Master Tejas, Presided by AVOPA President Sri. T.K. Thimmaraja Setty, Introduction of chief guest by Sri. B. Geetha Prasad followed by Interactive



session by Chief Guest Sri. C.G. Raghavendra, Consultant – Trainer and vote of Thanks by Sri. Deepak B. The program concluded, followed by lunch.



4 JYOTIRLINGA YATRA

We extend our heartfelt gratitude to all the members who have registered to join this Yatra scheduled on 21st Feb 2024. Await for many more such Yatras / Tours ahead.

MISS. AISHWARIYA LAKSHMI V. A.
DR. VINEETH N V
SRI T A P NAGARAJ



SRI SANTHOSH KUMAR V A
SRI NAGESH N.V

NEW LIFE MEMBERS

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REPORT ON FREE MEDICAL CAMP HELD ON 26-11-2023

AVOPA Doctors' Forum, under AVOPA Bengaluru, conducted a Free Medical Camp on Sunday 26th November 2023, at The Indian Institute of World Culture. Medical camp was inaugurated by our President Sri T K Thimmaraja Setty along with other Doctors. Around 100+ Members participated in this Free Medical Camp. Dr. N S Ramesh and Dr. Venkatesh team took lot of interest in guiding and arranging the following Free Check-ups in the Camp:-

- (1) Height, Weight & Body Mass Index (BMI), (2) Pulse & Blood Pressure, (3) ECG, (4) Neuropathy checkup (5) Retinopathy Checkup (6) Blood Checkup includes Serum Uric Acid, Fasting Blood Sugar, HbA1c and Serum cholesterol.
- (2) In the camp latest Retinopathy and Neuropathy testing equipments were provided by Remidio. E C G, Blood Tests, Neuropathy and sample tablets were provided by Sun Pharma.



All the 100+ members who attended the camp, got their medical reports free of cost, also had free consultation with Diabetologist, Cardiologist, Gynecologist, Orthopedic and Dental Doctors. Doctors advised participants accordingly, based on their medical reports.

Dr. N.S. Ramesh distributed a diet chart to the members. Sun pharma and Remidio have sponsored the above medical tests.

The arrangements for the Free Medical Camp were supervised and co-ordinated by Sri T K Thimmaraja Setty,



President, Sri D. Naresh Babu, General Secretary, Sri Badrinarayana Babu, VP along with EC and Trust members.

The camp started in the morning at 7 A M and ended at 2 P M. AVOPA express gratitude to Doctors, volunteers from Abhala Ashrama students, Students from AVOPA Hostel and all other agencies whose contribution made the Free Medical Camp a grand Success.

DOCTORS PARTICIPATED IN AVOPA FREE MEDICAL CAMP

- 1) Dr. K L Venkatesh, Prof. & Head of Pediatric Dept., Victoria Hospital.
- 2) Dr. Subramanyam, Cardiologist, Jayadeva Cardiology Hospital.
- 3) Dr. Sarswathi, Gynecologist & Yoga Trainer, AV Hospitals.
- 4) Dr. Sathyaprakash, Orthodontist – Head of Orthopedics, HAL Hospital.
- 5) Dr. N S Ramesh, Dialectologist, Dia Plus Clinic, Bengaluru
- 6) Dr. Sagar, Orthopedic Surgeon, Sanjay Gandhi Accident & Trauma Hospital,
- 7) Dr. Jeevitha, Gynecologist, AV Hospital
- 8) Dr. Vineeth & Team Dental Surgeon, Balaji Dental Clinic

All the Doctors and Medical Agencies participated in the camp were honoured by AVOPA, Bengaluru

MATRIMONY



Name: BALA SAI GOWRI (Alias) ANUSHA, **DOB:** 23-12-1991@ 3.45 PM, **POB:** Rajahmundry, **Star:** Poosam(Pushyami) **Pada:** 1st, **Rasi:** Katakam, **Swagothram:** Mandakula, **Mathulam:** Midunakula, **Complexion:** Medium, **Height:** 5'3", **Qualification:** BA, LLB(HON), Sastra University, Thanjavur, LLM(IPR)-AMITY, New Delhi, **Profession:** Free Lancing & Legal Consultancy Junior HR.

For further details contact: B. Balaji (F), Dr.T.Sarada, (M), Flat No.404, Sree Residency, New Maruthi Nagar, Tirupati – 517502, Mobile: 9441958504 (M), 9445163960 (F).



Name: S. KEERTHANA, **DOB:** 23-09-1999 @ 10.10 PM, **POB:** Madanapalle, **Birth Star:** Shatabhisha, **Padam:** 3rd, **Rasi:** Kumbha, **Gothram:** Naabilla, **Mathulam:** Mithunakula, **Complexion:** Fair, **Height:** 5'3", **Qualification:** B E (CSE), **Occupation:** Software Engineer, **Working at:** Infosys, Bengaluru.

For further details Contact: Somisetty Niranjana, GM Bosch, Bidadi, No.36, 5th Main Road, 5th Block, Jayanagar, Bengaluru-560041, Mobile Nos: 98455 14215(F), 97399 31535(M).

REPORT ON ONE DAY PICNIC



AVOPA Bangalore organized a one-day picnic on 8th December 2023 for the Executive Committee (EC) members, Trustees, and their family members. This event aimed to foster fellowship among the AVOPA leadership team and their families.

The excursion commenced from R.V. Teachers College premises with a ceremonial pooja to the bus. 35 members, self-sponsored, joined the one-day excursion. Places visited - Bhoganandeeshwara Temple which is one of the oldest Shiva temple. Here all the members offered ghee deepams to Lord Shiva, considered highly auspicious during the Karthika Masam.

Later visited the historical Moksha Ranganatha Swamy Temple, also called as Rangastalam; worshipping a blissful & huge Ranganatha Swamy Shaligrama idol. We witnessed a spectacular laser show of Adiyogi at Isha Foundation, near Chickballapur. Got inspired by seeing the exhibits, artefacts at Sir M Visvesvaraya Memorial at Muddenahalli. The scenic lake side view of the Srinivasa Sagar Reservoir was mesmerising.

The itinerary included well-organized coffee, and all meals trip. A known member offered his house for cooking and restroom facilities. The trip was thoroughly enjoyed by all members.

The members thanked the Organisers - Sri Kota Prasanna Kumar, Vice President, Tour Committee Chairman Sri B. S. Srinivas Murthy, and Sri D. Naresh Babu, General Secretary, for the excellent arrangements.



Smt S T Bhagyalakshmi and Sri R N Nagaraja Gupta sponsored Kum. Raksha A.S, a student pursuing 1st year B.Com. for her studies. On their behalf, a cheque was handed over to her at Avopa office by Sri T.K.Thimmaraja Setty, President, Avopa & Avopa Charitable Trust.

ಪ್ರವಾಸಕ್ಕೆ ಹೋಗೋಣ

SRI SAI TRAVEL TIMES
Heritage of Time

<p>ಶಿರಡಿ ವಿಮಾನ ಸ್ವಾಕೇಜ್ 02 ದಿನಗಳು ಮತ್ತು 01 ರಾತ್ರಿ ನಿರೀಕ್ಷಿತ ದಿನಾಂಕ: 02ನೇ ಏಪ್ರಿಲ್, 24ನೇ ಮೇ, 25ನೇ ಜುಲೈ, 13ನೇ ಸೆಪ್ಟೆಂಬರ್ ₹16,500/- +Dishband ctd</p>	<p>ದುಬೈ ಸ್ವಾಕೇಜ್ 06 ದಿನಗಳು ಮತ್ತು 05 ರಾತ್ರಿ ನಿರೀಕ್ಷಿತ ದಿನಾಂಕ: 24 ಏಪ್ರಿಲ್ ₹91,500/- +Dishband ctd</p>	<p>ಪುರಿ ಜಗನ್ನಾಥ್ ಸ್ವಾಕೇಜ್ 05 ದಿನಗಳು ಮತ್ತು 04 ರಾತ್ರಿ ನಿರೀಕ್ಷಿತ ದಿನಾಂಕ: 26 ಏಪ್ರಿಲ್ ಏಪ್ರಿಲ್ 27 24 ಮೇ ₹23,000/- +Dishband ctd</p>	<p>ಗುಜರಾತ್ - ರನ್ ಸ್ವಾಕೇಜ್ 09 ದಿನಗಳು ಮತ್ತು 08 ರಾತ್ರಿಗಳು ನಿರೀಕ್ಷಿತ ದಿನಾಂಕ: 26 ಏಪ್ರಿಲ್ ₹49,000/- +Dishband ctd</p>
BOOK NOW			
<p>ಲಕ್ಷ್ಮಿ ನಾಥ್ ಸ್ವಾಕೇಜ್ 04 ದಿನಗಳು ಮತ್ತು 03 ರಾತ್ರಿ ನಿರೀಕ್ಷಿತ ದಿನಾಂಕ: 08 ಮೇ 11 10 ಮೇ ₹18,500/- +Dishband ctd</p>	<p>ವಾರಣಾಸಿ ಫೈಟ್ ಸ್ವಾಕೇಜ್ 07 ದಿನಗಳು ಮತ್ತು 06 ರಾತ್ರಿ ನಿರೀಕ್ಷಿತ ದಿನಾಂಕ: 17ನೇ ಫೆಬ್ರವರಿ, 13ನೇ ಮಾರ್ಚ್ ₹28,000/- +Dishband ctd</p>	<p>ಜಾರ್ಧಮ್ ಯಾತ್ರೆ 12 ದಿನಗಳು ಮತ್ತು 11 ರಾತ್ರಿ ನಿರೀಕ್ಷಿತ ದಿನಾಂಕ: 25ನೇ ಮೇ 07 ಜುಲೈ ₹49,000/- +Dishband ctd</p>	<p>ಶ್ರೀಲಂಕಾದಲ್ಲಿ ರಾಮಾಯಣ ಕ್ರಿಯಲ್ 08 ದಿನಗಳು ಮತ್ತು 07 ರಾತ್ರಿ ನಿರೀಕ್ಷಿತ ದಿನಾಂಕ: ಫೆಬ್ರವರಿ 2024 ₹49,000/- +Dishband ctd</p>

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